



Reading Well for people with long term conditions

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your local library

Recommended by health professionals
and people with long term conditions



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Reading Well for long term conditions

Reading Well recommends books you might find helpful if you have, or are caring for someone with a long term physical health condition.

Long term conditions impact on a person's life and require ongoing care and support. Examples of long term conditions include diabetes, heart disease, arthritis and chronic obstructive pulmonary disease (COPD).

Common symptoms associated with many long term conditions include pain, fatigue, sleep problems and low and anxious feelings.

Reading Well offers practical support to help you live well with a long term condition. The books provide information and

advice to help you understand and manage selected conditions and common symptoms. They also tell personal stories and provide practical support for family, friends and carers.

You may be recommended a title by a health professional. Look out for the books in your local library. They are free for anyone to borrow – take one home today.

Joining the library

It is easy and free to join your local library. Library book loans and borrower details are treated as strictly confidential. Some libraries may need proof of your name and address.

How can books help?

Some of the recommended books provide helpful information and self-management techniques. There are also personal stories about other people's experiences which may help you to understand your own. You can use the books on your own or with the support of a health professional. The health professionals involved in your treatment can also advise you on other help and support available.

Also at your local library

Other Reading Well lists

You will find other Reading Well lists to help adults with common mental health conditions, people with dementia and their carers, and young people with their health and wellbeing.

How are the books chosen?

The books have all been recommended by health experts and people living with long term conditions. They have been selected using guidelines and quality standards from NICE (National Institute for Health and Care Excellence) with advice from a range of professional organisations and support from the Coalition for Collaborative Care.

About the scheme

Reading Well has been developed by The Reading Agency in partnership with the Society of Chief Librarians. The programme is funded by Arts Council England and the Wellcome Trust.

Other services

You will also find information about local services and support groups as well as social and recreational activities such as reading groups. Make friends and enjoy yourself while sharing a good book. Ask about local reading groups in the library or visit readinggroups.org

Recommended reading list

General

How to Feel Better: Practical Ways to Recover Well from Illness and Injury
Frances Goodhart & Lucy Atkins
Piatkus

Self-Management of Long-term Health Conditions
Kate Lorig
Bull Publishing

Common symptoms

Fatigue

Fighting Fatigue: A Practical Guide to Managing the Symptoms of CFS/ME
Sue Pemberton & Catherine Berry
Hammersmith Books

Overcoming Chronic Fatigue
Mary Burgess & Trudie Chalder
Robinson

Pain

Manage Your Pain
Michael Nicholas, Allan Molloy, Lee Beeston & Lois Tonkin
Souvenir Press

Overcoming Chronic Pain
Frances Cole, Helen Macdonald, Catherine Carus & Hazel Howden-Leach
Constable & Robinson

Pain is Really Strange
Steve Haines & Sophie Standing
Singing Dragon

Support for relatives and carers

The Carer's Handbook: Essential Information and Support for All Those in a Caring Role
Jane Matthews
Robinson

The Selfish Pig's Guide to Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone
Hugh Marriott
Piatkus

Sleep problems

An Introduction to Coping with Insomnia and Sleep Problems
Colin Espie
Robinson

Mental health and wellbeing

Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression
Fran Smith, Robert Bor & Karina Eriksen
Sheldon Press

Mindfulness for Health: A Practical Guide to Relieving Pain, Reducing Stress and Restoring Wellbeing
Vidyamala Burch & Danny Penman
Piatkus

Selected long term conditions

Arthritis

Arthritis: A Practical Guide to Getting On With Your Life
Chris Jenner
Robinson

Arthritis: Exercise Your Way to Health
Paula Coates
Bloomsbury

Bowel conditions

Irritable bowel syndrome

Irritable Bowel Syndrome: Answers at Your Fingertips
Udi Shmueli
Class Health

Irritable Bowel Syndrome: Navigating Your Way to Recovery
Megan Arroll & Christine Dancey
Hammersmith Books

Inflammatory bowel disease

Go Your Crohn Way: A Gutsy Guide to Living with Crohn's Disease
Kathleen Nicolls
Singing Dragon

Breathing difficulties

Asthma: Answers at Your Fingertips
Mark Levy, Monica Fletcher & Soren Pederson
Class Health

Chronic Obstructive Pulmonary Disease (COPD): The Facts
Graeme P. Currie
Oxford University Press

Diabetes

Diabetes for Dummies
Alan L. Rubin
Wiley

Diabetes: The Facts
David Matthews, Niki Meston, Pam Dyson, Jenny Shaw, Laurie King & Aparna Pal
Oxford University Press

Type 2 Diabetes in Adults of All Ages
Charles Fox & Anne Kilvert
Class Health

Heart disease

Heart Attack Survival Guide
Mark Greener
Sheldon Press

Living with Angina
Tom Smith
Sheldon Press

Understanding and Dealing with Heart Disease
Keith Souter
Summersdale

Stroke

Rebuilding Your Life After Stroke
Reg Morris, Malin Falck, Tamsin Miles, Julie Wilcox, Sam Fisher-Hicks
Jessica Kingsley Publishers

Stroke: The Facts
Richard Lindley
Oxford University Press

How I Rescued My Brain: A Psychologist's Remarkable Recovery from Stroke and Trauma
David Roland
Scribe UK

Where to get help

NHS Choices helps you to make the best choices about your health and lifestyle

 www.nhs.uk

Self Management UK helps people living with long term health conditions to live better lives

 www.selfmanagementuk.org.uk

Citizens Advice Bureau

provides information about your rights at work and in education, and when using the health service

 www.citizensadvice.org.uk

Being a carer

Carers Trust:

 www.carerstrust.org.uk

Carers UK:

 www.carersuk.org

 Helpline 0808 808 7777

Reading Well for long term conditions is supported by

British Association for Behavioural and Cognitive Psychotherapies, British Heart Foundation, British Lung Foundation, The British Psychological Society, Carers Trust, Carers UK, Diabetes UK, Health Education England, The IBS Network, The Mental Health Foundation, Mind, National Association of Primary Care, Public Health England, Richmond Group of Charities, Royal College of General Practitioners, Royal College of Nursing, Royal College of Psychiatrists, Self Management UK, Stroke Association.

Support for selected conditions and common symptoms

Asthma UK

 www.asthma.org.uk

 Helpline 0300 222 5800

Arthritis Care

 www.arthritiscare.org.uk

 Helpline 0808 800 4050

British Heart Foundation

 www.bhf.org.uk

 Helpline 0300 330 3311

British Lung Foundation

 www.blf.org.uk

 Helpline 03000 030 555

Diabetes UK

 www.diabetes.org.uk

 Helpline 0345 123 2399

The IBS Network

 www.theibsnetwork.org

Mental Health Foundation

 www.mentalhealth.org.uk

Mind

 www.mind.org.uk

 Helpline 0300 123 3393

Pain UK

 www.painuk.org.uk

Stroke Association

 www.stroke.org.uk

 Helpline 0303 3033 100

Visit reading-well.org.uk

for more information about organisations that support people with long term conditions.

Tell us what you think

Find out more about individual books or tell us what you think about the book you have read at www.reading-well.org.uk